



"家庭厨神" 烹饪班

12 Sep, 10am @ Ulu Pandan CC

名厨: 彭玉芸



山鸡闯交通灯

	材料	Weight	
Frozen chicken thigh (diced)	冰冻鸡腿肉	500	G
Capsicums (diced) (green, red, yellow)	大灯笼椒(切块) (青、红、黄各100g)	100	G
Carrots (sliced)	红萝卜(切片)	80	G
straw mushroom	草菇	8	Pieces
Mushroom	蘑菇	8	Pieces
Minced garlic	蒜茸	1	Teaspoon
Cooking oil	油	3	tablespoon
勾芡用			
Corn starch	生粉	2	Teaspoon
Water	水	2	tablespoon
调味料			
Oyster Sauce	蚝油	1	tablespoon
Chicken essence (seasoning powder)	鸡精粉	1	Teaspoon
Light soy sauce	生抽	1	Teaspoon
Sugar	糖	1	Teaspoon
Sesame oil	麻油	1	Teaspoon
water	水	150	MI

Method:

1. Heat the wok, add in an adequate amount of cooking oil and fry the assorted capsicums
2. Add in cooking oil, fry the minced garlic until fragrant ; add in the diced chicken to fry
3. Add in carrots, straw mushrooms and mushrooms to cook. Add in the seasonings and continue frying.
4. When the chicken is thoroughly cooked, add in the capsicums to fry and thicken the sauce to serve.

做法:

1. 锅烧热, 用油少许, 将灯笼椒炒一下取出
2. 用油炒香蒜茸, 加入鸡块炒香
3. 加红萝卜、草菇、蘑菇炒匀, 加调味料炒匀
4. 煮到鸡肉熟, 加入灯笼椒炒匀, 最后勾芡即可。



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沙茶香辣牛肉

Ingredients	材料	Weight	
Beef (sliced)	冰冻牛肉 (切片)	400	g
Red onion (diced)	大葱 (切块)	100	g
Ginger (sliced)	姜 (切片)	1	piece
Spring onion	粗葱 (切段)	2	stalks
Red Chilli (diced)	红辣椒 (切块)	4	stalks
Cooking oil	油	3	Tablespoon
腌牛肉调味			
Light Soy Sauce	生抽	2	Tablespoon
	姜汁	1	Teaspoon
Sesame oil	麻油	1	Teaspoon
Corn starch	生粉	1	Teaspoon
Water	水 (少许)		
调味料			
Sauce	沙茶酱	2	Tablespoon
Chili sauce	辣椒酱	2	Tablespoon
Sugar	糖	1	Teaspoon

Method:

1. Thaw the beef, clean thoroughly before slicing it. Add seasonings and marinate for 20 minutes
2. Place the beef in hot boiling oil to cook then remove excess oil
3. Heat the wok, add in oil and fry the sliced ginger, onion until fragrant before adding in the beef
4. Add in seasonings, red chili and spring onion to fry and the dish is ready to be served

做法:

1. 先将牛肉洗净, 切片, 加入腌肉调味拌匀, 腌 20 分钟
2. 用热油将牛肉泡热取出, 沥干油份
3. 锅烧热, 用油炒香姜片, 加入大葱炒香, 加入牛肉炒匀
4. 加入调味料, 红辣椒, 青葱炒匀即可。



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乾炒香肉片

Ingredients	材料	Weight	
Frozen Pork	冰冻三层肉	500	g
Chili padi	指天椒	10	Stalks
Minced garlic	蒜茸	1	Tablespoon
Cooking Oil	油	3	Tablespoon
Parsley (cut into pieces)	芫茜 (1棵切段)	1	Stalk
Spring onion (cut into strips)	青葱 (1棵切段)	1	Stalk
调味料			
Zhe-jiang vinegar	浙江醋	3	Tablespoon
Sauce	沙茶酱	2	Tablespoon
Sugar	糖	2	Teaspoon
Salt	盐	1/2	Teaspoon
Sesame oil	麻油	1	Teaspoon

Method:

1. thaw the pork, clean it thoroughly and placed it into a pot, add in water and cook for 30 minutes
2. let the pork cool and slice it
3. heat the wok, add in oil and fry the minced garlic, chili padi until fragrant before adding in the sliced pork
4. add in seasonings and fry. Garnish with parsley and spring onion to serve.

做法:

1. 将冰冻三层肉洗净, 放入锅里, 加入清水, 煮 30 分钟取出
2. 将肉冷却后, 切片
3. 锅烧热, 用油炒香蒜茸, 指天椒, 加入肉片炒香
4. 加入调味料炒匀, 最后洒上芫茜, 葱即可。